

Elementary

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Trish Arena (AUS) - December 2015
音乐: Sherlock Theme (Workout Fitness Remix) - Traxburner : (iTunes)



START POSITION: □ Feet together, weight Left

INTRO: □ 32 Counts (begin on the heavy beat) □ Time: 4:06 □

S1: SIDE, ROCK, BEHIND-SIDE-CROSS, & CROSS, HINGE ½ R, SIDE SHUFFLE

1, 2 Step R side right, Rock/replace weight L
3 & 4 Step R behind L, Step L to side, Step R across L
& 5, 6 Step L to side, Step R across L, Step L to side & hinge ½ right
7 & 8 Step R to side, Step L beside R, Step R to side [6:00] ## (Wall 7 restart)

S2: CROSS, ROCK, ¼ SHUFFLE, FULL TURN, FORWARD, ROCK

9, 10 Step L across R, Rock/replace weight R
11 & 12 Step L to side, Step R beside L, Turn ¼ left & step L forward
13, 14 Turn ½ left & step R back, Turn ½ left & step L forward
15, 16 Step R forward, Rock/replace weight L # (Wall 3 Restart)

** (Wall 5 bridge) 3:00

S3: SIDE, ROCK, BEHIND-SIDE-CROSS, & CROSS, HINGE ½ R, SIDE SHUFFLE

17, 18 Step R to side, Rock/replace weight L
19 & 20 Step R behind L, Step L to side, Step R across L
& 21, 22 Step L to side, Step R across L, Step L to side & hinge ½ right
23 & 24 Step R to side, Step L beside R, Step R to side [9:00]

S4: CROSS, ROCK, ¼ SHUFFLE, FULL TURN, FORWARD, ROCK

25, 26 Step L across R, Rock/replace weight R
27 & 28 Step L to side, Step R beside L, Turn ¼ left & step L forward
29, 30 Turn ½ left & step R back, Turn ½ left & step L forward ++ (Add finish)
31, 32 Step R forward, Rock/replace weight L [6:00]

S5: SIDE, ¼ L, R SAMBA, L SAMBA, FORWARD, ROCK

33, 34 Step R to side, Turn ¼ left & step L to side
35 & 36 Step R across L, Step L to side, Step R to side
37 & 38 Step L across R, Step R to side, Step L to side
39, 40 Step R forward, Rock/replace weight L [9:00]

S6: R SAILOR, L SAILOR, BEHIND, ¼ L, SIDE, KICK

41 & 42 Step R behind L, Step L to side, Step R to side (travel slightly backwards)
43 & 44 Step L behind R, Step R to side, Step L to side (travel slightly backwards)
45, 46 Step R behind L, Turn ¼ left & step L to side
47, 48 Step R to side, Kick L forward [12:00]

S7: LOCK-BACK-LOCK, BACK, ¼ L, ROCK, ROCK, BEHIND-SIDE-ACROSS

49 & 50 Cross/lock L over R, Step R back, Cross/lock L over R
51, 52 Step R back, Turn ¼ left & step L to side
53, 54 Rock/replace weight R, Rock/replace weight L
55 & 56 Step R behind L, Step L to side, Step R across L [9:00]

S8: SIDE, ROCK ¼ R, FORWARD, ½ R, BACK, ROCK, KICK-BALL-CROSS

57, 58 Step L to side, Turn ¼ right & rock/replace weight R

59, 60 Step L forward, Turn ½ right (keep weight L)
61, 62 Step R back, Rock/replace weight L
63 & 64 Kick R forward, Step down on R, Step L across R [6:00]

Restart # □ During Wall 3, restart after 16 counts (you will be facing 3:00) turn ¼ right to face 6:00 to begin Wall 4

Bridge ** □ During Wall 5, after 16 counts (you will be facing 3:00) add the following 4-count bridge:
Step R back, rock/recover weight L, step R fwd, rock/replace weight L) and continue the dance

Restart ## □ During Wall 7, after 8 counts (you will be facing 6:00) add: step L tog (&) and begin Wall 8

Finish ++ □ After count 30 on Wall 9 (you will be facing 6:00) step R fwd, pivot ½ left to face 12:00

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